

Sunkist



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Verloop 1 of 3

August 17, 2004

Sunkist Growers

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Van Nuys, CA
Tel:

Dear Food Guide Pyramid Reassessment Team:

On behalf of more than 6,000 Sunkist citrus growers, we are pleased to provide these comments regarding the development of the new graphic and educational materials for the *Food Guidance System*. We commend your efforts to update the materials to reflect current nutrition science and foster better dietary habits for Americans. As such, we have focused our comments on three key areas identified by USDA CNPP to be of particular interest:

GRAPHIC CONFIGURATION:

- ❖ There is strong public awareness and familiarity with the current Pyramid graphic. Thus, we believe a modified version can serve as a valuable communications tool in the new Food Guidance System. In light of the latest research and ongoing rise in diet-related diseases like obesity and diabetes, we suggest that USDA give fruits and vegetables a more prominent position on the pyramid (or designated graphic) so that consumers can realize the disease-fighting and weight-management benefits of increased fruits and vegetables consumption.
- ❖ According to the Food and Drug Administration, diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. We enthusiastically support encouraging all consumers to eat a minimum of five servings of fruits and vegetables per day and preferably nine or more for most individuals. Further, we encourage greater consumption of *whole* fruits and vegetables, each of which provides a family of health-promoting vitamins and nutrients that may not be available in juices or supplements.

AWARENESS/MOTIVATION:

- ❖ Consumer confusion is a major hurdle when it comes to influencing daily food choices. We believe that increased harmonization between the USDA Food Guidance System and FDA's Nutrition Facts Labels would help minimize confusion and encourage better dietary habits. We support greater compatibility between the two programs so that consumers receive clear, consistent information on nutrient values and serving size information, no matter which source they turn to for nutritional guidance.

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CORE MESSAGES TO SUPPORT GRAPHIC:

- ❖ We encourage USDA's plan to include core messages along with the graphic. In fact, fresh citrus fruit supports each of your core messages:
 - **Keep caloric intake balanced with energy expenditure** – Citrus fruit is naturally low in calories and provides beneficial nutrients like vitamin C and potassium for active lifestyles¹. The pectin in the albedo layer of citrus also helps maintain appetite control².
 - **Select nutrient dense food choices to increase the intake of vitamins, minerals, fiber and other key nutrients** – Oranges and grapefruit are excellent sources of vitamin C and fiber¹, which are often lacking in the American diet. Citrus fruit is also a natural source of folate, which can protect against some birth defects, heart disease and cancer³.
 - **Lower chronic disease risks by lowering intake of saturated fats, trans fats, cholesterol and sodium** – Fresh citrus fruits like oranges, lemons and grapefruit are naturally fat-free, cholesterol-free and sodium-free. Citrus fruits also offer disease-fighting phytonutrients like beta-cryptoxanthin (linked to lung health), zeaxanthin (linked to eye health), flavones and limonoids, which may inhibit cancer cell growth and enhance immune response⁴.

As a voice for thousands of citrus growers, we encourage USDA to continue to include whole oranges on the new Food Guide graphic as a familiar example of a delicious, healthy food choice. We also encourage USDA to consider broadening the message to include the citrus fruit category as a whole i.e. oranges, lemons and grapefruit. Some of the world's leading health organizations promote the benefits of citrus including the American Heart Association, American Cancer Society, the National Cancer Institute and the Produce for Better Health Foundation.

We look forward to greater emphasis of fruits and vegetables in the new Food Guidance System as a good-tasting, nutrient-dense dietary choice that can significantly improve the health and well being of American families.

Sincerely,



Robert Verloop
Vice President of Marketing

Verloop 3 of 3

Sources

1. Code of Federal Regulations, Title 21: Food and Drugs, 2002. appendix C to Part 101 - Nutrition Facts for Raw Fruits and Vegetables.
2. Tiwary, C.M., Ward, J.A., Jackson, B.A. Journal of the American College of Nutrition, Vol. 16, No. 5, 423-428 (1997)
3. National Institutes of Health web site. Facts About Folate
<http://www.cc.nih.gov/cc/supplements/folate.html>
4. USDA Beltsville Agricultural Research Center (BARC) web site
http://www.barc.usda.gov/bhnrc/pl_faq.html

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Wilma Zalabak, M.Div.

Smyrna, GA

185

Zalabak 1 of 2

August 17, 2004

Food Guide Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Dr, Room 1034
Alexandria, VA 22302

Dear Food Guide Reassessment Team:

You have a difficult job and I am pleased that you asked for public input. I am vegetarian, sometimes vegan, and I teach clients and parishioners to listen to their bodies for better health. I eagerly await the new materials for use in my teaching.

You already have many comments regarding the proportions, so I will only add that I wish the grains and cereals could switch places with the vegetables and fruits. Vegetables and fruits are easier to get and eat closer to their raw state, with live enzymes and trace minerals still present, than are grains. I think this is a significant matter for the health of our nation.

I have three further suggestions:

1. Please, please, please include water. I would make water larger and first before grains or fruits or vegetables. Water in the morning wakes up and cleanses the system. Water in the system dilutes and flushes waste before it sticks to the walls of digestion, blood, and air passages. Water 30 minutes before a meal provides fluid to produce enough saliva for good digestion and for the feeling of being "full." Based on experience with my clients, I believe that much of America's obesity and related problems can be traced to chronic dehydration.

Zalabak/202

2. I think the pictures are a pretty and helpful touch. The vegetables and fruits are beautiful, pictured as fresh produce. I would like to see consistency among the pictures to show all the products as near the natural, unrefined state as possible. This might remind and encourage more use of whole grains and less use of refined sugars and fats.
3. I understand that the pyramid shape has been well researched and blessed by time. It works alright for me; however, since you asked, here is another suggestion. Use a bar graph which would turn the current pyramid one-quarter turn, top to the right.
 - a. Call the bars "silos" if you wish. ("Have you filled your vegetable silo today?" or "Have you taken care of all your silos today?")
 - b. The height of the silo to be filled could be coded to body weight, color-coded to show how much is needed by the 120-pound person, the 150-pound person, and the 200-pound person, etc.
 - c. Turning the guide on its side in this way would make it natural to read the largest group first. As the pyramid stands now, one has to read all the way to the bottom before finding out where to start.
 - d. With the guide on its side, teachers could say, "First you must pay attention to this silo," rather than trying to talk about base or foundation. It is easier for my clients to visualize and plan their daily intake with chronological words like "first" and "second" rather than with construction words like "base" and "foundation."

You have done much research and other work to try to make educating the American public easier. We appreciate that.

Sincerely,

Wilma Zalabak

Wilma Zalabak

AUG 19 2004

Susan J. Kelley

Branford, CT

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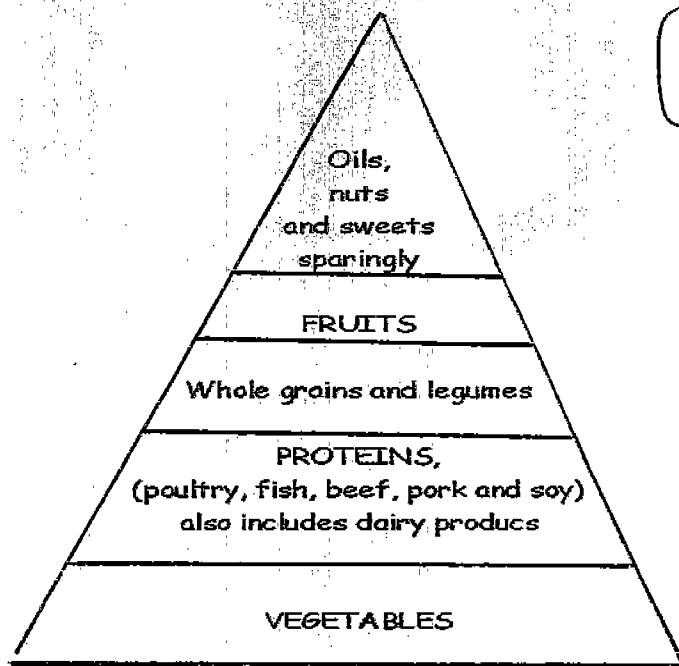
Kelley

1 of 3

August 16, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy & Promotion
3101 Park Center Drive
Room 1034
Alexandria, VA 22302

Dear Reassessment Team,
You hold the future health of the nation in your hands. Your recommendations are critical now more than ever as Americans are grossly overweight and the rise of diabetes is like an epidemic. I am a 55 year old that has studied nutrition on my own since my son was born 36 years ago. My recent donation of a kidney (his kidney was destroyed by chemicals not disease) to him attests to my state of health. I do not have the health problems my peers have and I am not over weight. Here is my version of what the pyramid should look like:



Kelley
2 of 3

Sue Kelley's Food Pyramid

I put more importance on vegetables as I believe most people don't eat enough or even drink enough vegetable juices. They are loaded with vitamins and natural enzymes. Not to mention they are a better filler than empty carbs. The sugar in them is more complicated and harder to digest easing the impact on the pancreas.

I also believe protein is very important especially ones containing all 22 amino acids. All energy is produced by means of enzymes and organic substances whose principal component is protein. Vitamins are also a part of the enzymes but protein helps maintain the normal acid/alkaline balance of body fluids. The body is largely made of protein which can be used for energy, repair of cells, defenses (antibodies and

Kelley
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phagocytes) against disease, building of strong muscle tissue and bones and also can be stored for future use.

I put a minimum on fruits because of their high sugar content and I believe sugar, especially white sugar is the culprit in our diabetic epidemic. Sugar whether natural or not puts stress on the pancreas and also turns the body fluids acid which invites disease. That is the reason I put whole grains and legumes ahead of fruits.

Thank you for your time and letting me have input on a subject I have been passionate about most of my adult life. Good luck and God bless.

Sincerely,



Susan Kelley

AUG 19 2004

Cindy Homan Spalding

Mancelona, MI

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August 13, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

I believe the Food Guide Pyramid dietary recommendations over the past twenty years have alarmingly coincided with the progression of diabetes and obesity to their current epidemic status. I believe these recommendations created my personal struggles with obesity and unstable blood sugar for years.

I was raised in poverty and ate pretty much in accordance to the high carbohydrate/ low fat/ low protein consumption illustrated in the current Food Guide Pyramid. As a result, I was obese from infancy until my early 40s. Additionally, I had experienced reactive hypoglycemia from my mid-20s into early 40s. In 2002, at the urging of my health care practitioner, I adopted a "low-carbohydrate" diet. Within three weeks, I had lost a significant amount of weight, felt extremely good overall, and the reactive hypoglycemia that had plagued me for nearly twenty years just stopped. I went on to easily lose about 60 pounds, bringing me to a BMI of 24, that I have maintained nearly effortlessly for two years now. My lipid profile is impeccable with the lowest possible HDL:cholesterol cardiac risk ratio. My blood sugars have remained stable. I just feel good and do not get sick.

I believe the purpose of the Food Guide Pyramid is to educate and guide Americans in making healthy food choices. I personally think adopting recommendations similar to those put forth in the proposed Atkins Lifestyle Food Guide Pyramid, which considers the following points, a far clearer and usable tool for the public:

- ☐ Consideration of individual tolerances and metabolic differences to carbohydrate.
- ☐ Recognize energy expenditure impacts what caloric intake should be.
- ☐ Includes simple weight-loss techniques built into the tool.
- ☐ Makes clear food/nutritional distinctions within the groupings, particularly fats.

Thank you for reviewing my opinion, and good luck in this huge undertaking.

CH Spalding

Cindy Homan Spalding

Attachment: Atkins Lifestyle Food Guide Pyramid

THE ATKINS LIFESTYLE FOOD GUIDE PYRAMID™

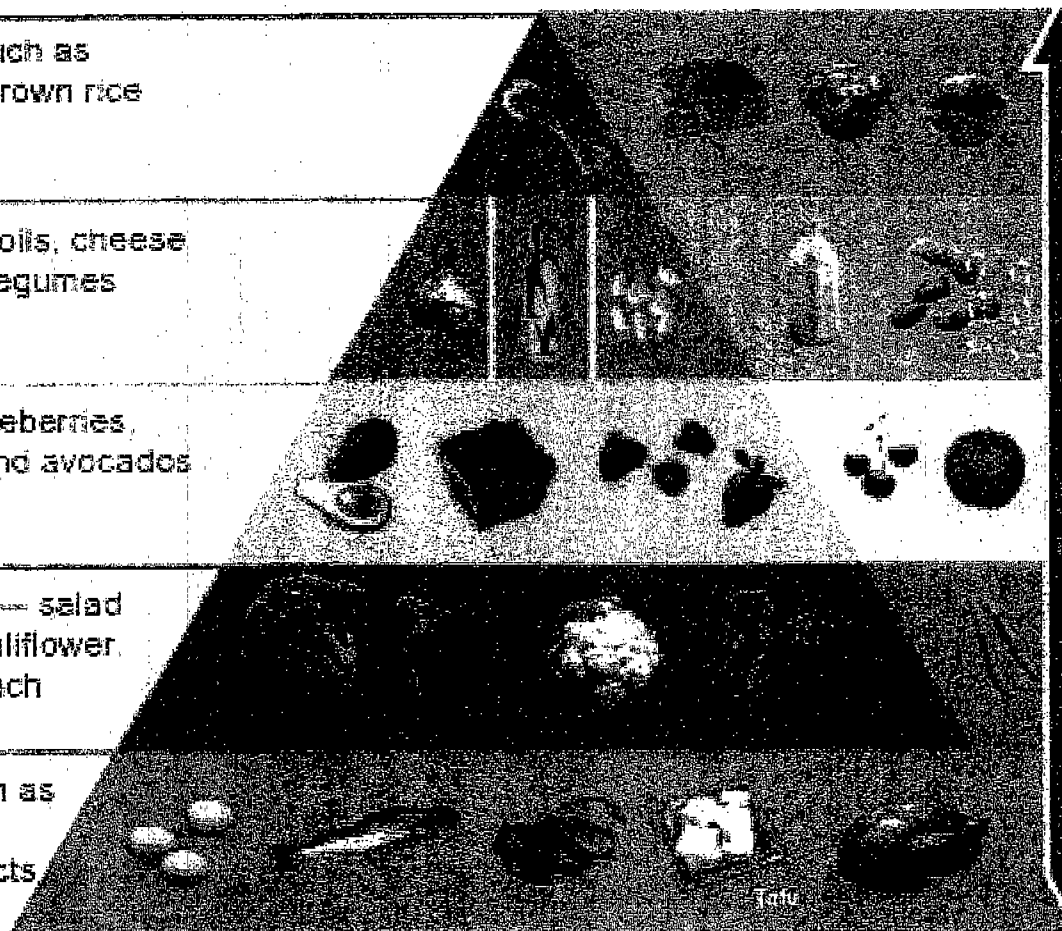
Whole grain foods such as
— barley, oats and brown rice

Vegetable and seed oils, cheese
and dairy, nuts and legumes

Fruits such as — blueberries,
raspberries, pears and avocados

Vegetables such as — salad
greens, broccoli, cauliflower,
asparagus and spinach

Protein sources such as
— poultry, fish, beef,
pork, and soy products



INCREASE OPTIONS WITH ADDITIONAL EXERCISE

HERE'S WHAT YOU DO:

NO ADDED SUGARS & HYDROGENATED OILS

1. Limit and control certain carbohydrates to achieve and maintain a healthy weight.
2. Choose carbohydrates wisely (vegetables, fruits, legumes, whole grains), avoiding refined carbohydrates and foods with added sugars.
3. Eat until you are satisfied.
 - to maintain weight, eat in proportion to the pyramid.
 - to lose weight, focus on protein, leafy vegetables and healthy oils.
4. Everyone's metabolism and lifestyle are different. Discover your individual carb level to achieve and maintain a healthy weight. Raise this level with additional exercise.

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Stevens

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Roseville, CA

August 16, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Dear Reassessment Team:

Thank you for the opportunity to comment on revising the Food Guide Pyramid.

I believe a graphic representation of healthy eating patterns is a decent and useful idea. I also think it's pretty clear that today many Americans are endangering their health by their food choices. It is clearly time to update the Food Guide to reflect emerging science about diet and exercise as well as the experience of average Americans. I hope my own experience will be helpful to you.

I am a 42-year old male. I have always enjoyed excellent health, and have never had any health problems. I did exercise somewhat regularly when I was younger, but had not done so prior to this year for at least 10 years. I am a fairly active person, though, who enjoys yard work and house projects, so I couldn't say I was completely sedentary.

I never paid too much attention to my weight or what I ate because I was always slender while growing up. However, over the years the pounds did creep on. When I finally weighed myself last year, I was a little startled to learn that I weighed about 205 pounds. At six feet tall that meant I was about 25 pounds overweight. Not life threatening probably, but still an extra 25 pounds that I had to carry around 24 hours a day.

What prompted me to weigh myself was my wife's desire to lose weight and her request for my support. She has made several unsuccessful attempts to lose weight over the past eight years. Last September she decided to investigate the Atkins diet. I agreed, with no particular expectations, to read the book myself and go on the diet to support her.

I was somewhat curious about the Atkins diet. I had heard of it, and probably like many had a negative opinion of it based on incomplete information. I also admit to a general disbelief in the whole idea of going on a diet. It has never made sense to me that a person should go on a diet, lose weight, and then go back to his previous eating pattern. One has a diet; one should not go on a diet. But I was open minded enough to read the book and make up my own mind.

Stevens 2 of 2

I read the book, and it made a great deal of sense to me. I did not follow the Atkins approach to the letter, but I did incorporate the basics of Dr. Atkins' recommendations into my diet. I have given up soda and candy. I no longer eat foods that have as their main ingredient sugar or corn syrup. I eat refined grain products, such as bread or cereals, on rare occasions.

I can tell you that after eliminating these refined carbohydrates from my diet, I feel much better and have more energy. Since September 2003, I have lost about 25 to 30 pounds. This puts me at the upper end of the body mass index for my height. Earlier this year I also started exercising. I know that exercising also contributed to my weight loss, but I was not energized to start exercising until after I eliminated refined carbohydrates from my diet.

The remaining foods I eat today are basically the same as those that I previously ate. In fact now that I have eliminated refined carbohydrates from my diet, I find that I eat more than I did previously. Based on the accepted wisdom about diet today, and the percentage of fats in my diet, I should have gained weight. In fact the opposite happened - I lost weight.

I think the mantra of eliminate fat from the diet has been repeated so much over the last 30 years that it has distorted the idea of healthy eating. In our zeal to eliminate fat from the diet, I believe that many people, with the willing help of the food industry, have unwittingly become slaves to sugar and processed carbohydrates. If you don't eat fats, you have to eat something else. This leads to the distorted idea that anything that is low fat must be good for you.

I believe that refined carbohydrates, sugar and refined grain products, are one of the biggest health threats to Americans today. I think it is also probably the cause of our epidemics of obesity, diabetes, and heart disease. This makes sense from a lay perspective because it has only been within the last century or two that humans have had ready access to high levels of refined carbohydrates. This time period also coincides with the dramatic increases in heart disease, obesity, and diabetes seen among Americans.

It seems as though health researchers and the general public are beginning to recognize the danger of over consumption of carbohydrates. I think any new Food Guide needs also to recognize this danger. I think that the current Food Guide reinforces an unsound idea because it emphasizes carbohydrates as the main source of calories. I urge you to ensure that your recommendations distinguish between refined carbohydrates, which are just calories with little or no nutritional value, and unrefined carbohydrates from vegetables and fruits that provide vital nutrients and vitamins.

Sincerely,



Christopher Stevens

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

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Moody

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To Whom It May Concern:

I am writing to you because I believe the food guide pyramid is very important. Not only a general guideline for eating, we teach the pyramid to both our children and our doctors, and we enforce the use of the pyramid as the basis for creating school lunch menus. Our health and our very lives are at stake.

While you are updating the food-guide pyramid, I strongly urge you to consider two important changes. First, not all foods are created equal and the pyramid should provide instruction on how to choose good foods. Second, recent studies show that carbohydrates are not as healthy as previously thought and they should be removed from the bottom of the pyramid, and fats are not as unhealthy as previously believed and should be moved down the pyramid. I am providing references to studies at the end of my letter.

My personal experience has proven to me that a diet low in carbohydrates and high in fats is much healthier than what is currently represented by the food guide pyramid. I began a low-carbohydrate diet in October 2003, and it is unbelievable how much better and healthier I feel. I have more energy than I can ever remember having. I no longer get sleepy and feel like a nap after lunch. I am rarely hungry. I fall asleep easily at night and wake up refreshed and ready to go in the morning. I used to hate morning people, and now I am one!

In addition to a general overall better feeling of well-being, my health indicators have all improved. At 5' 5" tall, my weight dropped from an obese 180 with an unhealthy BMI of 30 to a normal weight of 140 with a healthy BMI of 23.3. My blood pressure dropped from a borderline 125/83 to a healthy 104/70. My triglycerides dropped from 97 to 50. My cholesterol ratio dropped from an unhealthy 5.2 to a very healthy 3.0. Also, my blood tests look for things like calcium and potassium in the blood, and those were fine on both blood tests.

My family history includes a strong tendency towards diabetes, and I believe I was headed for syndrome X, which my mother has. She was following the typical "heart healthy" diet and her health has continued to decline. After following her prescribed "heart healthy" diet, her triglycerides went from 250 to 450, her cholesterol from 230 to 312, HDL from 40 to 50, and LDL from 140 to a note saying it cannot be calculated because the triglycerides are so high. Without the low-carbohydrate diet, her blood glucose ranges from the high 100s to the 60s. Her glucose tolerance test shows she is borderline diabetic. She is now on a low carbohydrate diet and controlling her blood sugars, and we pray she will never have to take insulin. She is improving her other stats including her triglycerides, which have dropped from being off the scale to less than 300. She used to take frequent naps, but now has a lot more energy. I believe the "heart healthy" diet she was on that was based on the current food guide pyramid was killing her, and that I was following in her footsteps until I changed my diet to a high-fat low-carbohydrate diet.

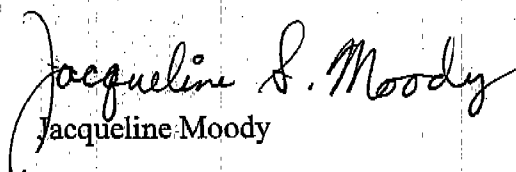
Moody 2 of 5

The food guide pyramid should instruct people not only on what groups or categories of foods to eat, but how to choose well within those groups. For instance, high fructose corn syrup is prevalent in a large percentage of processed foods and soda because it costs less and is stable at higher temperatures than more natural sweeteners such as cane sugar, but it is extremely unhealthy. It should be avoided as much as trans-fats, and the pyramid should provide this type of direction. Enriched bleached flour is another example. The pyramid should instruct that choices of whole grain flours are much better than processed enriched flours. Berries and melons with a low glycemic load should be chosen over oranges and bananas that pack a blood glucose surging punch. Whole fruits with fiber should be chosen over fruit juices. Also, some type of fat should be eaten with fruits to help reduce the blood glucose surge. Wild rice should be chosen over brown or white rice. Basically, the consumption of whole, natural foods should be encouraged and the consumption of processed foods should be discouraged. Complex carbohydrates should not only be encouraged, but defined in a way that our schools will choose salad and broccoli for our children over corn and potatoes.

In the absence of large amounts of carbohydrates, even saturated fats are not the enemy they are perceived to be today. The food guide pyramid should strongly encourage the use of good fats such as olive oil and foods such as fish containing omega 3 fatty acids. Butter should be recommended over trans-fat containing margarine. Any food with trans-fats or high fructose corn syrup should be eliminated from our school lunchrooms.

Thank you for your time and attention to this important matter. I hope you will consider making the revisions I have suggested.

Sincerely,


Jacqueline Moody

Orange Park, FL

Moody 30-5

General Statistics:

Stat	Dec. 2003	Jul. 2004
Age	38	39
Height	5' 5"	5' 5"
Weight	180	140
BMI	30.0	23.3
Blood Pressure	125/83	104/70
Triglycerides	97	50
LDL	129	109
HDL	35	60
Total Cholesterol	183	179
Cholesterol Ratio	5.2	3.0

<http://www.msnbc.msn.com/id/5614168/>

The Associated Press

Updated: 8:34 p.m. ET Aug. 6, 2004

Women in Mexico who ate a lot of carbohydrates were more than twice as likely to get breast cancer than those who ate less starch and sugar, scientists found.

Willett worked on the study with doctors at Instituto Nacional de Salud Publica in Cuernavaca, Mexico. It was funded by the U.S. Centers for Disease Control and Prevention, the Ministry of Health of Mexico, and the American Institute for Cancer Research. Results were published Friday in the journal Cancer Epidemiology, Biomarkers & Prevention.

<http://www.annals.org/cgi/content/full/140/10/769>

A Low-Carbohydrate, Ketogenic Diet versus a Low-Fat Diet To Treat Obesity and Hyperlipidemia A Randomized, Controlled Trial

William S. Yancy, Jr., MD, MHS; Maren K. Olsen, PhD; John R. Guyton, MD; Ronna P. Bakst, RD; and Eric C. Westman, MD, MHS

Annals of Internal Medicine

18 May 2004 | Volume 140 Issue 10 | Pages 769-777

Conclusions: Compared with a low-fat diet, a low-carbohydrate diet program had better participant retention and greater weight loss. During active weight loss, serum triglyceride levels decreased more and high-density lipoprotein cholesterol level increased more with the low-carbohydrate diet than with the low-fat diet.

<http://www.annals.org/cgi/content/full/140/10/778>

The Effects of Low-Carbohydrate versus Conventional Weight Loss Diets in Severely Obese Adults: One-Year Follow-up of a Randomized Trial

Moody 4 of 5

Linda Stern, MD; Nayyar Iqbal, MD; Prakash Seshadri, MD; Kathryn L. Chicano, CRNP; Denise A. Daily, RD; Joyce McGrory, CRNP; Monica Williams, BS; Edward J. Gracely, PhD; and Frederick F. Samaha, MD

Annals of Internal Medicine

18 May 2004 | Volume 140 Issue 10 | Pages 778-785

Conclusion: Participants on a low-carbohydrate diet had more favorable overall outcomes at 1 year than did those on a conventional diet. Weight loss was similar between groups, but effects on atherogenic dyslipidemia and glycemic control were still more favorable with a low-carbohydrate diet after adjustment for differences in weight loss.

<http://yourhealth.healtheast.org/HealthNews/Reuters/20031209elin003.htm>

Low-carbohydrate diet curbs seizures in some kids

Last Updated: 2003-12-09 11:36:50 -0400 (Reuters Health)

NEW YORK (Reuters Health) - The low-carbohydrate, high-protein Atkins diet, promoted as a pound-shedder, appears to also help prevent seizures in some children with epilepsy, researchers said Tuesday.

Among a group of six children and young adults asked to try the Atkins diet for at least four months, three became seizure-free, and continued to be for almost two years.

http://www.stopgettingsick.com/Conditions/condition_template.cfm/7704/102/1

Soda May Increase Female Diabetes Risk

June 9, 2004

By MIKE BRANOM

Associated Press Writer

(AP) ORLANDO, Florida

Chugging more than one sugar-sweetened soft drink a day appears to significantly increase a woman's chances of developing diabetes, says a Harvard study that found the extra sugar does more than just add pounds.

Women in the study who drank at least one sugar-sweetened soda a day were 85 percent more likely to develop type 2 diabetes than those who drank less, said Matthias B. Schulze, who presented the Harvard School of Public Health research at the American Diabetes Association's 64th scientific sessions.

<http://www.westonaprice.org/motherlinda/cornsyrup.html>

Sucrose is composed of glucose and fructose. When sugar is given to rats in high amounts, the rats develop multiple health problems, especially when the rats were deficient in certain nutrients, such as copper. The researchers wanted to know whether it was the fructose or the glucose moiety that was causing the problems. So they repeated their studies with two groups of rats, one given high amounts of glucose and one given high amounts of fructose. The glucose group was unaffected but the fructose group had disastrous results. The male rats did not reach adulthood. They had anemia, high

Moody 5 of 5

cholesterol and heart hypertrophy—that means that their hearts enlarged until they exploded. They also had delayed testicular development. Dr. Field explains that fructose in combination with copper deficiency in the growing animal interferes with collagen production. (Copper deficiency, by the way, is widespread in America.) In a nutshell, the little bodies of the rats just fell apart. The females were not so affected, but they were unable to produce live young.

"The medical profession thinks fructose is better for diabetics than sugar," says Dr. Field, "but every cell in the body can metabolize glucose. However, all fructose must be metabolized in the liver. The livers of the rats on the high fructose diet looked like the livers of alcoholics, plugged with fat and cirrhotic."

High fructose corn syrup contains more fructose than sugar and this fructose is more immediately available because it is not bound up in sucrose. Since the effects of fructose are most severe in the growing organism, we need to think carefully about what kind of sweeteners we give to our children. Fruit juices should be strictly avoided—they are very high in fructose—but so should anything with HFCS.

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

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To Whom it May Concern,

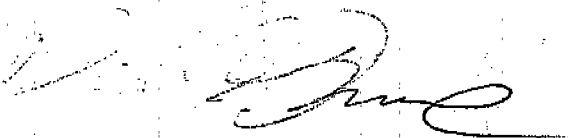
My name is David Howe and I'm writing to share my thoughts on the USDA Food Guide Pyramid. My comments are based on my experience controlling carbohydrates, which have helped me to regain control of my health and my weight.

I am a 44-year-old male who started a low carbohydrate way of eating in August of 2003. I was 290lbs on a 5'11" frame. By January 2004 I had reduced my weight to 235lbs and I started an exercise program, which I continue to this day. I have stabilized my weight at 235lbs by controlling my carbohydrate intake for the last 6 months. When I eat too many carbohydrates, I gain weight. I am starting again to limit my carbs even more so I can drop another 30/40lbs. My target weight is 195 by the end of the year. But I would never have been able to do this based upon the old food pyramid suggestions.

Please take these comments into consideration as you re-evaluate and redesign the Food Guide Pyramid. Please do not leave the Pyramid as is and do not allow Americans to be fooled that they should have a foundation of carbohydrates as a main stay in their diets. It will just lead to more obesity! Thank you.

Sincerely,
David Howe

Falls Church, VA



Sondra Boehm RN

Portland OR

AUG 19 2004

191

Boehm

1 of 1

8/12/04

To Whom it May Concern,

My name is Sondra Boehm and I am a Registered Nurse. I am writing to share my thoughts on the USDA Food Guide. I have tried to cut back on sweets and limit fat for some time yet my weight continues to climb. I exercise (ask any working nurse if she has to run all day long?) in addition to working full time. My question is how long will it take the government to understand that carbohydrates are the cause of the weigh gain? The surge of insulin in our system causes the fat to be stored. When I started reducing my carbohydrates my weight stopped climbing and then began to drop off. This worked for my husband as well, who restricted his carbs to under 50 grams a day and over the course of a year dropped 100 lbs. He has kept it off and that was almost 3 years ago.

Please consider looking into this as it is the make sense solution to the flock of obese patients dumped into the health care industries lap daily. I hope to see a revised Food Guide Pyramid in the near future.

Sincerely,

Sondra Boehm

Sondra Boehm, RN DNS